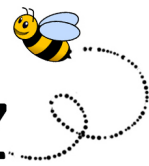


THE BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

January–February 2017

Council on Aging

Laura Arsenault,
COA Coordinator
978-264-1717
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boxborough-ma.gov

COA Board Members

*Identify needs, develop and
implement programs and
services, educate citizens, and
advocate on behalf of elders.*

Frank Powers, President
Tina Bhatia
Barbara Birt
Taryn Light
Frank Sibley
Liz West
Barb Wheeler
Les Fox, Liaison with Board
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Peggy Spinner
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Barbara Birt-COA
Anne Canfield
Taryn Light-COA
Barbara Tornstrom
Liz West-COA

Boxborough & Harvard COAs Present Boston's Tall Ships!



Mark your calendar and start saving your pennies! On **Tuesday, June 20**, the **2017 Tall Ships Regatta** will parade into **Boston Harbor**. This Regatta will feature the most Tall Ships that Boston Harbor has seen in 15 years,

and you'll be able to view these magnificent ships up close while enjoying a narrated sightseeing cruise! You'll see the many Tall Ships docked along the Boston Harbor as you cruise from Commonwealth Pier. Your vessel, the *Provincetown II*, has large decks from which to view the flotilla; it also offers food and beverage service. Upon returning to dockside, you'll be able to view the docked vessels at anchor.

After leaving Boston, you'll enjoy a full course luncheon at The Chateau Restaurant. Entrées to choose from include Haddock St. Germaine, Chicken Parmesan, or Steak Tips. *(Please be ready to make your entrée selection when you sign up.)* You'll **return home at 3:30 PM** after a wonderful day of experiencing *Sail Boston 2017*.

The cost of this trip is **\$95 per person**, and **final payment is due by mid March**. Departure is from **Boxborough Town Hall, at 8 AM**. Because of the anticipated popularity of this trip, you'll want to make your reservations now! To be part of this amazing day, contact Laura (978-264-1717) or Pete Dumont (978-456-4120).

Brains and Balance Class

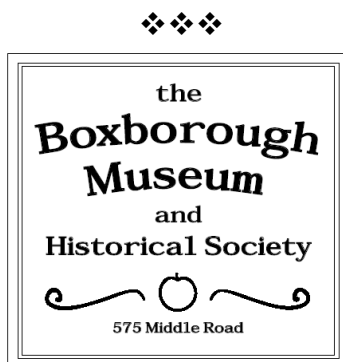
Researchers no longer believe that falling and losing mental capacity are inevitable parts of the aging process. There are steps that help reduce the chance of suffering a debilitating fall or loss of mental capacity.

For example, an exercise class such as **Brains and Balance** may help you prevent falls and stay mentally sharp. Also in this class, you'll discover how much fun balance training can be while you exercise your brain with drills that "train your brain." These specially designed drills are meant to improve your memory, reasoning, conceptualization, and problem-solving skills.

Classes will be held at the **Community Center** on **Tuesdays, 10:30 AM. The 10-week session** begins **Tuesday, February 7**. Session **cost: \$50**.

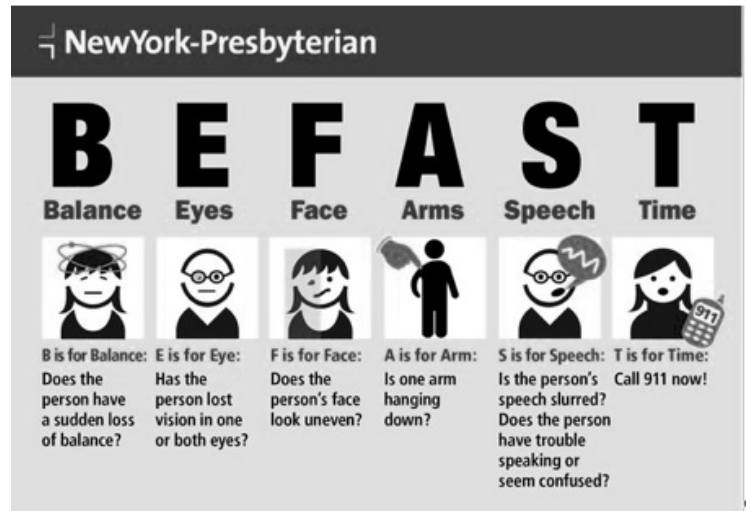
2016 Income Tax-Preparation: A Free Service by AARP

If you are a low-to-moderate income taxpayer, you are eligible to participate in the AARP Tax-Preparation Program. The February and March appointment dates are not yet available. However, if you would like to be put on the list for an appointment, please call Laura (978-264-1717) as soon as possible, since these spots fill quickly. You will be notified of appointment times, most likely in mid-January.



The Museum will be open from **2-4 PM** on **Sunday, January 8**, and on **Sunday, February 12**.

B.E. F.A.S.T.—Know the Signs of a Stroke



When blood flow to a part of the brain is disturbed, a stroke follows. For every second that a stroke happens, 32,000 brain cells die. Acting within 3 hours to seek medical attention may reverse any brain damage.

Boxborough's Fire Chief, Randy White, urges citizens to **call 911** if any one of the symptoms shown in the illustration above appears. The Boxborough Fire Department (BFD) will evaluate the patient to see if further medical attention is warranted. If yes, the BFD's ambulance will transfer the person to Emerson Hospital. If it is determined by the hospital doctors that a stroke occurred, the patient will immediately be given a CAT scan at the hospital.

Also, for those individuals who live alone, Chief White recommends these three safeguards:

1. Sign up for the Boxborough Police Department's, "Are You OK" program. A phone call will originate from the Department everyday at a designated time. The individual will be asked if they are okay. If the answer is no or there is no answer, a police officer will be dispatched to check on the individual.
2. Have a family member or friend call everyday at a designated time.
3. Wear a medical alert button.

Lastly, the symptoms of a stroke have been illustrated by New York-Presbyterian Hospital. Learn to recognize them — then act quickly!

What are the Symptoms? In one hospital ER, almost half the adults had some indicators of dehydration. Many came to the ER because of falls, fatigue, dizziness, headaches, fainting, or confusion. These can all be signs of dehydration. Other symptoms include dry mouth, rapid pulse, infrequent urination, dark urine (darker than lemonade), and constipation.



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you

ounces of fluid. Drink water, juice, milk, and soup. Drink tea, coffee, or seltzer. Make plain water more attractive by adding a slice of lemon, lime, or cucumber. Eat popsicles, and foods high in water, such as melons, strawberries, tomatoes, and broccoli. Start your day with a glass of water. Then drink something every few hours after that.



Need a helping hand with a specific task, such as moving a heavy object or hanging a window shade? Call Laura at 978-264-1717 to see if **Lending Hand** can help.

"Presidential" Fun Facts to Ponder on Presidents' Day!

- The only president *unanimously* elected was George Washington.
- Abraham Lincoln often kept documents and letters in his tall stovepipe hat.
- Franklin D. Roosevelt was the first president to appear on television.
- The "S" in Harry S. Truman does not stand for a name—it's just an initial!
- John F. Kennedy was the first president who was a Boy Scout.
- After a 1981 attempted assassination, Ronald Regan joked, "I forgot to duck!"
- In high school, Bill Clinton belonged to a band called "Three Blind Mice."
- Barack Obama won a 2006 Grammy Award for his voice on the audio book *Dreams from My Father*.

—Submit articles for March Issue by February 10—



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Boxborough Council on Aging
Boxborough Town Hall
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Boxborough, MA 01719

January 2017

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 <i>New Year Day Observed</i> Town Hall and Library closed.	3 10-Book Group 1-Yoga	4 9-Fitness w/ Holly 1-Podiatry Clinic 2-Crafters Group	5 9-Line Dance 9:30-Bridge 1-Yoga 2-Mah Jongg	6 9-Fitness w/ Holly	7
8 2-4 Boxboro Museum	9 9-Fitness w/ Holly 1-Movie Monday	10 1-Yoga	11 9-Fitness w/ Holly 2-Crafters Group	12 9-Line Dance 9:30-Bridge 1-Yoga 2-Mah Jongg	13 9-Fitness w/ Holly	14
15	16 <i>Martin Luther King Day</i> Town Hall and Library closed	17 1-Yoga	18 9-Fitness w/ Holly 2- Crafters Group	19 9-Line Dance 9:30-Bridge 1-Yoga 2-Mah Jongg	20 9-Fitness w/ Holly	21
22	23 9-Fitness w/ Holly 1-Movie Monday	24 1-Yoga	25 9-Fitness w/ Holly 2-Crafters Group	26 9-Line Dance 9:30-Bridge 1-Yoga 2-Mah Jongg	27 9-Fitness w/ Holly	28
29	30 9-Fitness w/ Holly 1-Movie Monday	31 10- Wellness Clinic 1-Yoga				

Out of Town

Mt. Calvary Church, Acton

Groton Council on Aging

Quilting Group, Tue, 9 AM

Comm. Supper, Wed. 5 PM

Memory Café, fourth Thursday, 10 AM

February 2017

SUN	MON	TUE	WED	THU	FRI	SAT
			1 9-Fitness w/ Holly 2-Crafters Group	2 9-Line Dance 9:30-Bridge 1-Yoga 2-Mah Jongg	3 9-Fitness w/ Holly	4
5	6 9-Fitness w/ Holly 1-Movie Monday	7 10-Book Group 10:30-Brains & Balance 1-Yoga	8 9-Fitness w/ Holly 2-Crafters Group	9 9-Line Dance 9:30-Bridge 1-Yoga 2-Mah Jongg	10 9-Fitness w/ Holly	11
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